



さいたま暮らしの情報誌
Information for Living in Saitama City
Folleto de Información de Vida en Saitama
No. 57 (JUL. 2017)

大きな地震に備えて②

Preparing for a big earthquake②
Prepárese para un gran terremoto . . . capítulo 2



街の中・電車・スーパー・エレベーター等にいた時、
あなたはどのように身を守りますか？

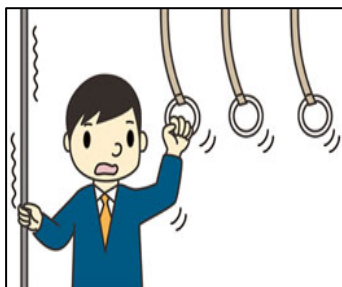
Whether outdoors, on the train, at the supermarket, or on an elevator...

How can we protect ourselves when the big one strikes?



Cuando esté en la calle, en el tren, en el supermercado,
en el ascensor ...,

¿Cómo protegerse si ocurre un gran terremoto?



【発行元】 公益社団法人さいたま観光国際協会 (STIB) 国際交流センター (IEC)
場所：さいたま市浦和区東高砂町11-1 コムナーレ9階 (JR浦和駅東口 浦和パルコ上)
TEL:048-813-8500 FAX:048-887-1505 E-mail:iec@stib.jp URL:http://www.stib.jp/kokusai

【Published】 The Saitama Tourism and International Relations Bureau(STIB),
International Exchange Center (IEC)
【Place】 Comunale F9 (JR Urawa Stn East Exit, above Parco), Higashi Takasago-cho 11-1, Urawa-ku, Saitama City
【Publicado por】 Buró para el Turismo y las Relaciones Internacionales de Saitama (STIB)
Centro de Intercambio Internacional
【Domicilio】 Piso 9 de Comunale, 11.1 Higashi-Takasago-cho, Urawa-ku, Saitama

No one knows when and where the next big earthquake will strike. When an earthquake strikes and you are out of the house, it can be dangerous if you are unaware of your surroundings and how they may be affected. The way to protect yourself differs depending on where you are. To avoid serious harm, it's good to know and mentally rehearse what you will do.

When out of the house, how do we protect ourselves during a major earthquake?



Whoah! This is a big one!
Get down and protect your head with your bag or other nearby item.



On the Street

- Watch out for falling signs, glass and tiles.
- Get away from telephone poles, walls and vending machines.
- Use your bag or other item to protect your head.
- Escape into a nearby park, open space or strong building.

At the store

- Stay calm and follow the employees' instructions—Don't panic and run to the exit.
- Protect your head with your bag or other item.
- Stay away from showcases and large displays/merchandise.
- Take shelter on stair landings or near pillars/beams.

In an Elevator

- Because the elevator could get stuck, push the buttons for all floors and get off as soon as the doors open.
- If the elevator gets stuck, stay calm and wait for help.

Underground

- Below ground areas tend to be stronger against earthquakes, but if one strikes, crouch down close to a wall or pillar, and wait for the tremors to subside.
- If the power goes out, wait calmly until the auxiliary lights come on.
- Do not rush up the stairs to the exit—move calmly.

Trains / Subways / Buses

- Vehicles will stop during big earthquakes, but grab a handrail or ring with both hands to brace for the tremors.
- In the subway, if the lights go out, wait calmly until the auxiliary lights come on.
- Obey the vehicle attendant—Do not leave the vehicle and jump down onto the tracks/road on your own. (It's dangerous!)

While Driving

- Grip the steering wheel tightly, and slow it down to a stop.
- Get over to the left side of the road and turn your engine off.
- When escaping, leave your key in your vehicle with a note providing your contact info, and take your car deed (*shakensho*) with you.

Forthcoming issues will cover earthquake safety measures, disaster prevention equipment, and how to cooperates with your neighborhood in the event of a major earthquake.